



## **youtu.be/ks4LRJIDPGw?** **si=9VzwjoRAossc5cII**

ELOHIM- VIA- CHRISTJESUS/,,

<http://books.dreambook.com/captainmotorcycle> TWO TRICEPS SUPER SETS

#1=8

8 @300LB.#2=510@150 LBS

SELAH

#3=8

8@202pounds#4=510@101f

ABDOMINAL PENTAD SET

Push-ups 10 100lb.,9105,8110,7115,6120,5125,4130,3135,2

140,1@145 lb.Sit-ups 10150€,9155,8160,7165,6175,5180,4185,3190,2190,1

200lb.TwistLayingAbs 10200,9206,8209,7213,6223,5226,4235,3245,2251lb.,1

262lb.Prone Back Extensions 10271,9281,8291,7295,6300,5303,4306lb.,3307,2309,1

316lb.Leg-up 10326lb.,9330,8331,7332,6333,5334lb.,4337,3339,2341,1

353lb.Run 1miLe✓Dynamicstretching,✓MobiLestretching ✓CALISTHENIC SQUATTING  
230✓✓

FLOORDIP PUSHUPS 2

35✓✓LAYING CHINUP-PULLUPS 230

SIX BODYBUILDING ATHLETIC SPECIFIC MEALS✓

PARTIAL LEG RAISES 2\*30✓✓

875Necks✓

125 DoLphinAbs✓™®©✓•

STATIONARY JOG =13 minutes✓

MARTIAL-VARTS✓

This workout log details an advanced, high-volume training session with a focus on **triceps, abdominals, lower back, and overall athletic conditioning**. Here's a breakdown and interpretation of the session:

### **Triceps Super Sets**

- #1: 8 sets of 8 reps at 300 lbs
- #2: 5 sets of 10 reps at 150 lbs
- #3: 8 sets of 8 reps at 202 lbs
- #4: 5 sets of 10 reps at 101 lbs

This structure suggests alternating between heavy and moderate loads, maximizing both strength and hypertrophy stimulus for the triceps.

### **Abdominal Pentad Set**

- Push-ups: Descending reps (10 to 1) with ascending weights (100 to 145 lbs)
- Sit-ups: Descending reps (10 to 1) with increasing resistance (150 to 200 lbs)
- Twist Laying Abs: Similar descending rep/increasing weight pattern (200 to 262 lbs)
- Prone Back Extensions: Descending reps/increasing weight (271 to 316 lbs)
- Leg-up: Descending reps/increasing weight (326 to 353 lbs)

This pentad set targets the entire core: rectus abdominis, obliques, lower back, and hip flexors, using progressive overload and high volume.

### **Additional Conditioning & Calisthenics**

- 1 mile run
- Dynamic and mobile stretching
- Calisthenic squats (2x30 reps)
- Floor dip push-ups (2x35 reps)
- Laying chin-up pull-ups (2x30 reps)
- Partial leg raises (2x30 reps)
- 875 neck repetitions (likely neck strengthening)
- 125 dolphin abs (a core variation)
- 13 minutes of stationary jogging
- Martial arts drills

### **Nutrition**

- Six bodybuilding athletic-specific meals, indicating attention to meal timing and macronutrient intake for muscle recovery and growth.

### Overall Assessment

- This log reflects a **highly advanced, multifaceted training regimen** combining bodybuilding, calisthenics, core work, and athletic conditioning, consistent with someone following IFBB-style routines and influenced by coaches like Caglar Singletary and John Maio<sup>[1][2][3]</sup>.
- The session emphasizes **progressive overload, muscular endurance, and athletic versatility**, suitable for serious strength athletes or competitive bodybuilders.

If you have specific questions about the exercises, programming rationale, or how to adapt this for your own goals, let me know.

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# INTERJECTORY RACEWALKING BETWEEN EXERCISES, SETS, & REPETITIONS ✓•°✓

WOMEN'S FITNESS CLASS(ES)✓™®©✓

**Interjecting racewalking intervals between exercises, sets, and repetitions** is an effective strategy to boost both the *cardiovascular* and *muscular* benefits of a workout, particularly in group fitness or women's fitness class settings. Here's how and why to incorporate this approach:

### Benefits of Racewalking Intervals in Training

- **Cardiovascular Enhancement:** Racewalking elevates heart rate and provides aerobic benefits similar to running, but with less impact on joints, making it suitable for a wide range of fitness levels, including women's classes<sup>[4][5][6]</sup>.
- **Active Recovery:** Interspersing racewalking between strength or calisthenic sets keeps the body moving, aids in recovery, and prevents excessive rest, adding an endurance element to the session<sup>[7][6]</sup>.

- **Muscle Engagement:** Racewalking activates the hips, glutes, core, and arms, complementing the muscle groups targeted during resistance or calisthenic exercises<sup>[5][6]</sup>.
- **Reduced Injury Risk:** The lower-impact nature of racewalking helps reduce the risk of overuse injuries common with running or plyometrics, making it a safe choice for diverse groups<sup>[6]</sup>.
- **Mental Engagement:** Alternating activities keeps classes dynamic and engaging, helping participants stay motivated and attentive<sup>[6]</sup>.

### How to Structure Interjectory Racewalking in a Class or Circuit

- **Between Sets:** After completing a set of an exercise (e.g., squats, push-ups), perform a 1-2 minute racewalking interval before the next set<sup>[7][5]</sup>.
- **Between Exercises:** Finish one exercise, then walk briskly or racewalk for 1-3 minutes before starting the next movement<sup>[5][8]</sup>.
- **Interval Examples:**
  - o 30 seconds fast racewalk / 30 seconds regular pace, repeated for several cycles<sup>[8][6]</sup>.
  - o 1-2 minutes of racewalking after each strength circuit or major exercise<sup>[7][5]</sup>.
- **For Women's Fitness Classes:** This method is especially effective in group settings, as it allows for continuous movement, accommodates varying fitness levels, and can be adjusted for intensity by modifying pace or duration<sup>[5][6]</sup>.

### Sample Circuit with Racewalking Intervals

Exercise	Sets x Reps	Interjectory Racewalk
Squats	3 x 12	1 min after each set
Push-ups	3 x 10	1 min after each set
Lunges	3 x 12	1 min after each set
Core Exercise	3 x 15	1 min after each set

### Conclusion

Integrating racewalking intervals between exercises, sets, and reps can **increase workout intensity, improve cardiovascular fitness, and keep classes engaging—**

all while being joint-friendly and accessible for most participants, including in women's fitness classes<sup>[4][5][6]</sup>.

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